



Prediabetes (Borderline Diabetes)

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What is Diabetes

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high.

Blood glucose is your main source of energy and comes from the food you eat.

Insulin, a hormone made by the pancreas; insulin helps glucose from food get into your cells to be used for energy.

Sometimes your body doesn't make enough—or any—insulin or doesn't use insulin well. Glucose then stays in your blood and doesn't reach your cells.

Over time, having too much glucose in your blood can cause health problems.

Although diabetes has no cure, you can take steps to manage your diabetes and stay healthy.

What is Diabetes

The two main types of diabetes are type 1 and type 2.

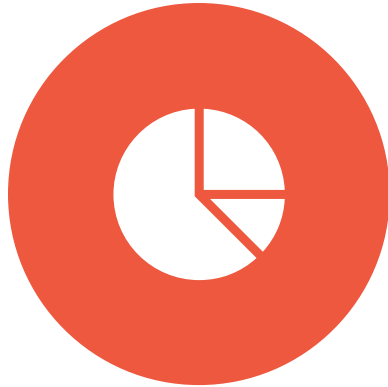
Type 1 diabetes (which used to be called juvenile-onset or insulin-dependent diabetes)

- The body completely stops making insulin.
- People with type 1 diabetes must take daily insulin injections (or use an insulin pump) to survive. This form of diabetes usually develops in children or young adults, but can occur at any age.

Type 2 diabetes (which used to be called adult-onset or non-insulin-dependent diabetes)

- The body produces insulin, but the cells don't respond to insulin the way they should.
- This is called insulin resistance.
- In response to this insulin resistance, the pancreas should make more insulin, but in the case of type 2 diabetes, this does not happen.
- Because of these two problems, insulin resistance and trouble making extra insulin, there is not enough of an insulin effect to move the glucose from the blood into the cells.

What Is Prediabetes?



YOUR BLOOD SUGAR IS HIGHER THAN IT SHOULD BE BUT NOT HIGH ENOUGH FOR YOUR HEALTHCARE PROVIDER TO DIAGNOSE DIABETES



ALSO CALLED: BORDERLINE DIABETES, IMPAIRED FASTING GLUCOSE, OR GLUCOSE TOLERANCE

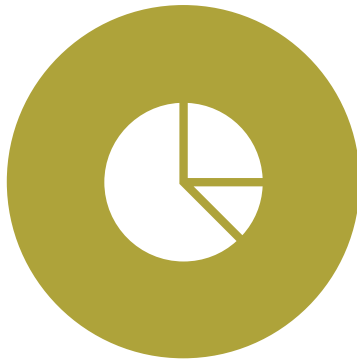


TREATMENT OF PREDIABETES CAN PREVENT MORE SERIOUS HEALTH PROBLEMS INCLUDING TYPE 2 DIABETES, EYE PROBLEMS, HEART AND KIDNEY DISEASE,

Symptoms of Prediabetes

- You may not have any symptoms and only find out when your health care providers check blood work (Hemoglobin A1c)
- When symptoms are present, they may include:
 - Feeling tired
 - Being thirsty, more than usual
 - Frequent urination, more often than usual
 - Blurred vision

Causes and Risk Factors for Prediabetes?



AGE OVER 45
BLACK, LATINO, OR NATIVE AMERICAN
OVERWEIGHT OR OBESE, ESPECIALLY EXTRA
POUNDS AROUND YOUR MIDDLE (WAIST
LARGER THAN 35 INCHES)
EATING LOTS OF RED MEAT, PROCESSED
MEATS, TOO LITTLE FRUITS, VEGGIES
DON'T EXERCISE



IF YOU HAVE PERSISTENT ABNORMAL BLOOD WORK LIKE;
HIGH TOTAL CHOLESTEROL, HIGH LDL CHOLESTEROL,
HIGH TRIGLYCERIDES AND
LOW HDL CHOLESTEROL



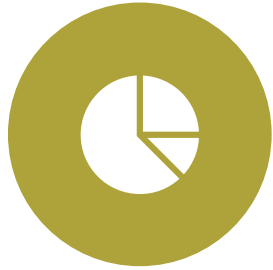
IF YOU HAD GESTATIONAL DIABETES OR GAVE
BIRTH TO A LARGE BABY BIGGER THAN 9
POUND
IF YOU HAVE POLYCYSTIC OVARIES
IF YOU HAVE HEART DISEASE
IF YOU HAVE SLEEP PROBLEMS, SLEEP APNEA,
WORK NIGHT SHIFTS, WORK CHANGING SHIFTS

Test for Prediabetes

- Fasting plasma glucose – no food at least 8 hours before the blood draw
 - Normal blood sugar 70-100 mg/dL
 - Prediabetes if blood sugar is 100-125 mg/dL
 - Diabetes if your blood sugar is 126 mg/dL
-

- Oral glucose tolerance test – Fasting glucose first, then drink sugary drink, draw blood 2 hours later
 - Normal if blood sugar is less than 140 mg/dL
 - Prediabetes if blood sugar is 140-199 mg/dL
 - Diabetes if blood sugar is 200 mg/dL or higher
- Hemoglobin A1c Test – shows your average blood sugar level for past 2-3 months. It can be used to diagnosis prediabetes or diabetes. When you have diabetes, the results show if your blood sugars have been under control.
 - Normal Hgb A1c is 5.6% or less
 - Prediabetes if Hgb A1c is 5.7 to 6.4%
 - Diabetes if Hgb A1c is 6.5% or above
 - If your Hgb A1c is above 5.6%, your healthcare provider will repeat the test after a couple months to confirm the results

Complication, Treatment and Prevention of Prediabetes



WITHOUT TREATMENT
PREDIABETES CAN BECOME TYPE 2
DIABETES

OTHER COMPLICATIONS ARE: HIGH
BLOOD PRESSURE, KIDNEY
DISEASE, BLINDNESS, NERVE
PROBLEMS, LOSS OF A LIMB



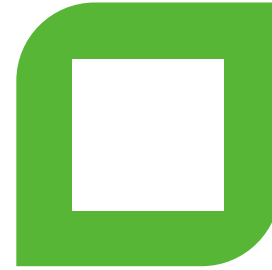
WHAT YOU CAN DO TO REVERSE
PREDIABETES

MAKE HEALTHY FOOD CHOICES

LOSING 10% OF YOUR WEIGHT
CAN MAKE A DIFFERENCE

EXERCISE AT LEAST 30 MINUTES A
DAY, 5 DAYS A WEEK

STOP SMOKING



LOWER YOUR BLOOD PRESSURE
OR CHOLESTEROL WITH DIETARY
CHANGES AND EXERCISE OR
MEDICATIONS

MEDICATIONS TO LOWER YOUR
BLOOD SUGAR LIKE METFORMIN
(GLUCOPHAGE)



TREATMENT OF PREDIABETES CAN
PREVENT MORE SERIOUS HEALTH
PROBLEMS INCLUDING TYPE 2
DIABETES, EYE PROBLEMS, HEART
AND KIDNEY DISEASE,

Tips to Prevent or Reverse Prediabetes

☐ Tips to Prevent PREVENT Prediabetes

- ☐ Don't smoke
- ☐ Drink only one alcoholic drinks per day
- ☐ Exercise 30 minutes, 5 days a week (walking is great exercise)
- ☐ Eat foods low in carbohydrates, sugars, fats, and salt:

☐ Four changes in your diet can REVERSE prediabetes and decrease your chances of getting type 2 diabetes

- ☐ Instead of sugary drinks, drink water, coffee, and tea
- ☐ Whole grains/whole grain products instead of processed carbs like white bread, breakfast cereals, and potatoes
- ☐ Good fats: vegetable oil, nuts, seed vs bad oils in margarine, fried foods, and baked goods
- ☐ Instead of processed meats and red meat, select nuts, whole grains, chicken, turkey and fish

Thank you – Questions??

Contact Your Healthcare Provider for additional information and instructions.

You are welcome to email me for additional information or to schedule: serum Hemoglobin A1C, Total Cholesterol, and/or Vitamin D level (by appointment only)

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